



FOR IMMEDIATE RELEASE

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New Set of Healthy SC Challenge Tips Released
First Family Encourages Healthy Changes in Nutrition, Exercise and Tobacco Use

Columbia, S.C. – February 10, 2006 – The Healthy SC Challenge is the Sanford family's effort to get all South Carolinians to do just a little more to live a healthier lifestyle.

The brief tips are designed to encourage individuals and communities to live healthier lifestyles in three categories - nutrition, exercise and help to quit smoking. The tips can also be found on the challenge's website, **www.healthysc.gov**, where individuals and groups can report their success stories and register upcoming events. The tips are also pre-formatted and attached to this email.

Healthy Tips – Week 41

Nutrition

Super-size your meals with an appetizer of fresh fruit and/or veggies. Fruits and veggies provide lots of bulk from fiber and water, but for their size, a minimal number of calories. Their bulky nature provides quick appetite-suppression that will diminish what you eat later in the meal.

– **Ann Kulze, MD – Nationally recognized nutrition and wellness expert**

Physical Activity

Exercise has many benefits in addition to increasing weight loss. For example, exercise can improve your stress management, the quality of your sleep, your digestion and your resistance to illness.

– **Louis Yuhasz at Louiskids.org and Dan Kirschenbaum, Ph.D., Healthy Living Activities**

Tobacco

Over time, the benefits of quitting increase. In 1 year, your risk of coronary heart disease is half that of a smoker's. In 5-15 years, your stroke risk is reduced to that of a nonsmoker. In 10 years, your lung cancer death rate is about half that of a smoker's, and the risk of other cancers also decreases. In 15 years, your risk of coronary heart disease is equal to that of a nonsmoker's.

– **U.S. Surgeon General**

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*The Healthy SC Challenge is an outcome-based, cooperative effort aimed at encouraging individuals, communities and organizations across the state to show shared responsibility in developing innovative ways to improve the health of South Carolina's citizens. For more information about the Healthy SC Challenge, please visit **www.healthysc.gov**, or contact Meghan McGuire at 803-737-2325.*